

Week 2

#9 Inside the mind of a master procrastinator

Skills/ Objectives: Listening and Speaking

PART 1: Before you read...

Preparatory questions

1. Are you a “deadline fighter” or procrastinator in your study? Are you a person who delays doing assignments until very late? Do you wait until the last minute to get things done? Why?
2. Watch the following YouTube video: (<https://www.youtube.com/watch?v=mMNPBGNOFPM>)
Does the person look familiar to you? What do you do when you have to work (e.g., writing an assignment) but you do not want to work on it?

Vocabulary

1. Procrastinate (verb): delay doing something until later, usually because people do not want to do it
2. All-nighter (noun): a time when students spend a whole night studying
3. Perplex (verb): to make someone feel confused or worried
4. Gratification (noun): pleasure
5. Miraculously (adverb): unexpectedly and very luckily

PART 2: Video

Tim Urban is a blogger and runs the blog called Wait but Why. In this video, he shares about his previous experience of being a procrastinator. In his talk, he explains how being a procrastinator is in his/her mind in a humorous and lively way. He also discusses two kinds of procrastination: short-term and long-term procrastination and how these procrastinators behave.

Inside the mind of a master procrastinator (*click the link to watch the video*)

https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator?language=en

(14:03 minutes)

(Source: TED)

(Tip: Subtitles are available!)

PART 3: Let's discuss!

1. Are you a procrastinator? In what situations? Why?
2. Do you know anyone who are procrastinators? How do they behave? Why do they procrastinate?
3. What suggestions would you offer to people who often procrastinate?

PART 4: Speaking

Are you afraid of giving a presentation or talk in front of audience? Do you know what is a good presentation structure? In this video, Nancy Duarte, a presentation expert, shares some of the presentation tips. Get inspired!

https://www.ted.com/talks/nancy_duarte_the_secret_structure_of_great_talks?referrer=playlist-how_to_make_a_great_presentation#t-134839 (18:11 minutes)

PART 5: Learn further

1. Why Procrastinators Procrastinate (Part 1)

In this blog entry, Tim Urban provides reasons why people procrastinate.

<https://waitbutwhy.com/2013/10/why-procrastinators-procrastinate.html>

2. How to Beat Procrastination (Part 2)

In this subsequent blog entry, Tim Urban provides ways for people to overcome procrastination.

<https://waitbutwhy.com/2013/11/how-to-beat-procrastination.html>

3. 9 Reasons You Procrastinate (and 9 Ways to Stop)

In this article, Dr. Pamela D. Garcy explains why people procrastinate and provides suggestions to help people get things done on time.

<https://www.psychologytoday.com/us/blog/fearless-you/201506/9-reasons-you-procrastinate-and-9-ways-stop>

Chat online!

[Moodle Chat Room](#)

19 September 2018 (Wednesday) 5:30 – 6:30 pm

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